

**Amendments to the claims**

1. (currently amended without prejudice) A flavored capsule suitable for encapsulating a dose of fish oil comprising: a) a forming agent chosen from the group consisting of gelatin and vegetable starch; b) a capsule softener; c) water; and d) a water soluble flavoring dissolved in said gelatin, capsule softener, and water, wherein said capsule softener is of about 10% to about 35%, and the water is present in the range of about 6% to about 10% and the water-soluble flavoring is present in a quantity which improves the taste of the capsule.
2. (original) The flavored capsule of claim 1, wherein the forming agent comprises gelatin and the capsule softener comprises a polyol.
3. (original) The flavored capsule of claim 1, wherein the forming agent comprises vegetable starch and the capsule softener comprises a polyol.
4. (original) The flavored capsule of claim 2, wherein the polyol comprises sorbitol or glycerol.
5. (original) The flavored capsule of claim 3, wherein the polyol comprises sorbitol or glycerol.
6. (currently amended) The flavored capsule of claim 2, further comprising a dose of fish oil encapsulated therein, ~~whereby the water-soluble flavoring promotes the ingestion of the fish oil dose.~~

7. (original) The flavored capsule of claim 3, further comprising a dose of fish oil encapsulated therein, ~~whereby the water soluble flavoring promotes the ingestion of the fish oil dose.~~
8. (original) The flavored capsule of claim 6, further comprising an oil soluble flavoring in the fish oil dose.
9. (original) The flavored capsule of claim 7, further comprising an oil soluble flavoring in the fish oil dose.
10. (cancelled) Claims 10 to 13.